

(LCN Connections Issue 17 – April 2016)

SHARING SOUND AROUND THE WORLD: JOIN OUR TEAM

Using Hemi-Sync to Relax, Sleep Better and Heal Faster as Taught by Two MDs
by Allyn Evans

Join Dr. Brian Dailey and Dr. Sergey Sorin to experience this unique weekend course (July 28th-31st). Not only will you learn practical applications of Hemi-Sync, but you will also learn the science behind it.

Both doctors have used Hemi-Sync personally and professionally and have witnessed the benefits sound technology offers.



Dr. Sergey Sorin, co-founder of Samvit Wellness, observes: "As far as we know we are one of the first, if not the first, to obtain accreditation to offer continuing education units for medical professionals in sound healing technology."

Long-time Monroe Institute Professional Division Member, former Board of Directors Member and Advisory Board Member, Dr. Brian Dailey, also a co-founder, describes his treatment of a 21-year-old cancer patient: "Gretchen had received chemo the day before and was having a severe reaction to it. When I got there, she had been kneeling in front of the toilet for several hours, retching violently. She was weak, pale, and dehydrated. She was placed in bed, the headphones were slipped into place, and she listened to Chemotherapy Companion, a Hemi-Sync title specifically created to alleviate reactions to chemotherapy.

"Forty-five minutes later, Gretchen awoke and said, "That was awesome!" She looked and felt much better. After one more brief episode of vomiting, she reported feeling fine. She ate lunch without difficulty, even though she had not eaten for twelve hours. The further good news is that she had little or no problem with chemotherapy after that."

Both doctors have found the use of sound combined with binaural beats helpful in many areas. The CME course designed by the doctors with the help of former Monroe Institute Residential Trainer, Allyn Evans, focuses on managing pain, enhancing sleep, reducing anxiety and providing relief from treatments associated with individuals diagnosed with cancer.

One of the most frequent complaints heard by medical professionals is about sleep. The challenges vary, but typically people have issues with either falling asleep, staying asleep or returning to sleep.

Typically, sleep occurs in 90 - 120 minute cycles. Earlier in the night we tend to spend more time in a deeper stage of sleep. As the night progresses, the amount of time spent in the Rapid Eye Movement (REM) stage of sleep is extended.

The stages of sleep correspond to our brain wave states. When we are starting to relax and prepare for sleeping, prior to falling asleep, we automatically experience an alpha state. Following this, stage one sleep is a lighter stage and is typically reflected by EEGs in the theta range. As we go deeper into sleep, stages two and three, we transition from high to low delta.

What has been discovered is that sound technology, such as Hemi-Sync, can support the brain wave states responding to sleep, thereby improving sleep for individuals. Depending on the person, different sleep exercises might be beneficial, such as ones designed for deep relaxation to help someone fall asleep (Energy Walk or Deep 10 Relaxation). There are also exercises that can be played on a repeat cycle for most impact. The exercises are embedded with frequencies that help facilitate a delta-wave reaction to help maintain and deepen sleep (Super Sleep). A favorite exercise mentioned earlier Catnapper, is regularly used by the Samvit Wellness team to take one through a 90-minute sleep cycle in 30 minutes by supporting the brain wave activity corresponding to each part of the sleep cycle.

It is chronic pain that drives people to seek medical help and robs them of their productivity and wellbeing. Pain can be experienced differently by each person and is complicated to treat. We have no objective measures to tell us how much pain a person is in. It is a subjective experience, which may or may not correlate to physical or objective findings.

Dr. Dailey frequently uses a Hemi-Sync exercise to manage pain appropriately, titled: Pain Management. Here is a personal example of Dr. Dailey from a few winters ago: "I stepped onto my back porch to get some firewood. It had been snowing all day and we had several feet of snow and ice on the porch. I slipped on the ice and fell, taking the full weight of the fall on my right hip." He was certain he had fractured his hip because the pain was so intense and severe. Because he had used the pain management exercise numerous times before, he was able to recall and use the "encoding signal" practiced in the exercise. He explained: "I kept repeating 55515, which immediately and dramatically improved my pain."

Dr. Sorin states, "Our key motivation is to empower medical professionals and individuals by introducing them to techniques that complement their care. We want the patient to be in the driver's seat and to feel in control of what is happening to them."

A recent experience shared by Dr. Sorin explains this concept: "This 12-year-old boy came in regularly because of his high levels of anxiety, which was being treated with medications and frequent trips to the emergency room. During one such visit, the boy was experiencing a full-blown panic attack. I pulled out an iPod loaded with Hemi-Sync and slipped the earbuds on his ears. As I did this, I also talked to him about breathing slowly and using other techniques to relax his body." The experience and information was life changing for the patient. He told Dr. Sorin and his family: "I got this!" Dr. Sorin said: "According to the patient, he learned first-hand that he did have control of his own mind and body. He was introduced to a tool (Hemi-Sync) he could use to counter panic attacks or anxiety. Our goal in helping others is to offer multiple and coordinated approaches with the intention of helping the patient be in the driver's seat and proactive when it comes to managing their lives."

Binaural beats can support the brain wave states conducive to healing, recovery, focus, concentration, relaxation, sleep, creativity and so much more. Combined with intention we have an inexpensive tool to achieve more than we have ever imagined.

Because there are so many useful applications, especially in healthcare, Samvit Wellness is continually developing more training programs, which include in-person and on-line workshops. This information is designed to help healthcare and wellness professionals enhance their care of patients and clients. Individuals can also benefit because they can learn more about the well-vetted complementary modalities available and ask their medical healthcare providers about alternatives or supplemental care.

Dr. Brian Dailey says, "The course is the first of its kind to provide accredited continuing education units for health care professionals in the use of sound healing technology, but it's open to everyone who is interested, whether they're medical practitioners, therapists, body workers, health technicians, or anyone who wants to learn new ways to use Hemi-Sync to improve their health." Samvit Wellness educates health professionals, the consumer and the caregiver on how to integrate complementary and alternative medicine (CAM) and conventional care with the intention of optimizing people's health, vitality and quality of life.

In fact, Samvit Wellness is seeking experienced TMI outreach facilitators interested in taking the class as a training vehicle so they can in turn become certified to add this course to their list of workshop offerings. According to Allyn Evans, "As a former Outreach Facilitator and Outreach Trainer, I know how valuable it is to have more than a few courses to offer. I also know how difficult it is to market and fill seats. We are looking at this as a way to team up with

'sound experts' already out there. We will continually add more courses and help with marketing."

Founded in 2013 Samvit Wellness is a holistic, integrative medical organization formed by Dr. Dailey, Dr. Sorin and Allyn Evans. Samvit Wellness has presented workshops around the globe, including such places as: Europe, Puerto Rico, Grenada, South America and Indonesia.

"We promote well-vetted complementary and alternative medicine therapies, including sound technology and energy medicine, to enhance healing and overall well-being," says Allyn. "We're excited about the ways it can and does help people improve their quality of life and we're eager to work with more people in the TMI community."

Allyn Evans explains: "We are excited to be bringing this course to The Monroe Institute this summer and not only are we offering it to healthcare professionals and massage therapists seeking CEUs, we are also offering this course to individuals who have trained as Outreach Facilitators. Of course, anyone with an interest in the practical applications of Hemi-Sync is welcome to attend."

As a former Excursion and Outreach Trainer, Allyn understands the challenges of hosting workshops. She said: "Attending this course is one step in the accreditation process. Individuals who qualify to teach our courses will have support from our organization. It is our goal to help you secure locations and fill seats. If you are a trained Outreach facilitator, then you could be considered a sound expert and therefore could qualify to teach our program (s)."

Founded in 2013 Samvit Wellness offers workshops around the globe. The Samvit team has presented in such places as: Bali Indonesia, Puerto Rico, Europe, Grenada, South America and the UK.

According to Dr. Dailey: "We seek out well-vetted CAM therapies, which include sound technology and energy medicine to promote healing and general overall well-being."



To find out more about the course and whether you would qualify as a trainer, please email Allyn Evans (allyn@samvitwellness.org)